

**April 21, 2020**

## **St. Louis County Department of Public Health COVID-19 Update**

### **Close Quarters and Shared Spaces**

The highest risk of passing COVID-19 exists with those that are in prolonged close contact with one another, for example, those that we live with or share space with at work. There should be an understanding of why disinfecting shared spaces is so important and why preventative measures can make a difference. We should:

- Clean and disinfect high-touch surfaces in common areas often.
- Use the proper materials and preventative measures when cleaning.
- Wash clothing in the warmest water allowable.
- Monitor symptoms after cleaning a potentially contaminated area.

One of the most effective methods for a COVID-19 positive person to minimize the impact of COVID-19 within a household is isolating properly. Isolation separates sick people with a contagious disease from people who are not sick. Isolation considerations should include separating yourself from other people in your home. As much as possible, stay in a specific room and away from other people and pets. Also, you should use a separate bathroom, if available. We should:

- Not share dishes, drinking glasses, utensils, or food with others.
- Not share towels or bedding with others.
- Wear a mask if we have to be around others.

Again, the here are some tips for providing care at home for someone with COVID-19:

- Help the person who is sick follow their doctor's instructions for care and medicine.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

### **Contact Information**

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, [www.stlcorona.com](http://www.stlcorona.com). Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.



**Sergeant Benjamin Granda**

Public Information Coordinator

314-615-4282

[bgranda@stlouisco.com](mailto:bgranda@stlouisco.com)